

CNRMA

COMMANDER NAVY REGION MID-ATLANTIC



Serving the
Mid-Atlantic Region
Navy Community

Safety Office

Naval Amphibious Base
Little Creek



SAFETY ADVISOR February 2006

The Navy Region, Mid-Atlantic Public Safety, Little Creek Safety Office publishes the Safety Advisor and widest dissemination within your organization is encouraged. Please post on official bulletin boards and route to your staff.

IMBEDDING SAFETY IN OUR ORGANIZATION

FM SECNAV Washington DC:

On January 3rd I had the distinct honor of being sworn in as your 74th Secretary of the Navy. I am also the Chief of safety for the Department of the Navy. The preservation of human and material assets through the effective safety consciousness is one of my top priorities. Safety is a primary measure of the effectiveness of an organization, and it directly impacts readiness. Our culture must never accept accidental death, injury or occupational illness as a cost of doing business. In his FY 2006-2011 strategic planning guidance, Secretary of Defense Rumsfeld established a new goal to reduce FY 2002 baseline mishap rates by 75 percent by the end of FY 2008. My goal for the Department of the Navy is zero mishaps. SECDEF's challenge provides added impetus to help us drive toward achieving that goal. Building an organizational culture that infuses effective risk management and continually enhances safety and accountability is hard work. It involves three primary concepts:



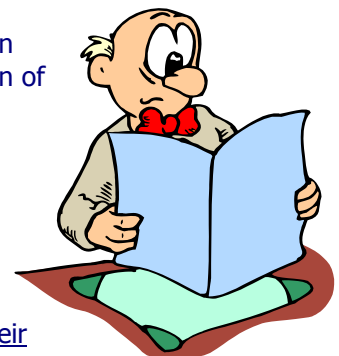
- Transformational and courageous leadership
- Genuine and credible concern for shipmates
- Strategic planning to sustain long-term safety improvements

...Release authorized by the Secretary of the Navy.
Excerpted from ALNAV message R 131334Z JAN 06

REPORTING UNSAFE/UNHEALTHFUL WORKING CONDITIONS

If you feel an unsafe condition is present in your workplace it is recommended that the report of an unsafe or unhealthful working condition be done at the earliest possible time and prompt correction of these hazards at the lowest possible working level are the essential elements of the Safety and Occupation Health program. Navy Activities shall use the following procedures for submission of employee reports of unsafe or unhealthful conditions in the workplace per OPNAVINST 5100.23F, Chapter 10 paragraph 10-1.

- Immediately report unsafe/unhealthful working conditions. Since, many safety and health problems can be corrected as soon as they are identified, commanders shall encourage all Navy employees to orally report unsafe/unhealthful working conditions to their immediate supervisors...



- Submitting reports of unsafe/unhealthful working conditions. Any Navy employee may submit a report of unsafe/unhealthful working conditions directly to the Safety Office...Employees may make an oral or email report to the safety office instead of a written report and the safety office will transcribe the information into a written report.

The Safety Office encourages all personnel to attempt to remedy the unsafe/unhealthful working condition at the lowest level starting with their immediate supervisor. If the appropriate correction action is not taken, personnel may make a report directly to the Safety Office.

Source: OPNAVINST 5100.23F/Chapter 10/1001-1002

ARE YOU PREPARED FOR THE NEXT BIG WINTER STORM

Winter Storms: The Deceptive Killers. While our local weather has been balmy so far this winter changes in the weather can occur quickly. The information below is from a guide published by the National Weather Service. This guide explains the dangers of winter weather and suggests life-saving action you can take. With this information, you can recognize winter weather threats, develop an action plan and be ready when severe winter weather threatens. Remember...your safety is up to you.



Leman Lake - Versoix Switzerland

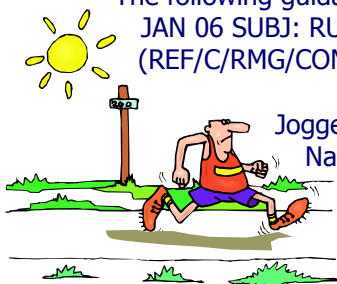
Why talk about Winter Weather?

- Each year, dozens of Americans die due to exposure to cold. Add to that number, vehicle accidents and fatalities, fires due to dangerous use of heaters and other winter weather fatalities and you have a significant threat.
- Threats such as hypothermia and frostbite, can lead to loss of fingers or toes or cause permanent kidney, pancreas and liver injury and even death. You must prepare properly to avoid these extreme dangers. You also need to know what to do if you see symptoms of these threats.
- A winter storm can last for several days and be accompanied by high winds, freezing rain or sleet, heavy snowfall and cold temperatures.
- People can become trapped at home or in a car without utilities or other assistance.
- Attempting to walk for help in a winter storm can be a deadly decision.
- The aftermath of a winter storm can have an impact on a community or region for days, weeks or even months.
- Extremely cold temperatures, heavy snow and coastal flooding can cause hazardous conditions and hidden problems.

Joggers & Bicyclists Safety Requirements

In January 2006 the following message was reissued concerning Jogger and Bicycle Safety Requirements. Please review and remind personnel to make sure they can be seen when conducting PT during early morning and evening hours. The base has undergone several changes in traffic patterns with the opening of the new gate 3 and the changes in the traffic patterns on Amphibious Drive around Helicopter Road and in the vicinity of Boone Clinic. It's great to be healthy and physically fit; but if you are not visible to motorists, you may find yourself working out in rehab or physical therapy.

The following guidance for joggers and bicyclists was promulgated by NAVPHIBASE LITTLE CREEK VA MSG 121922Z JAN 06 SUBJ: RUNNING, JOGGING, AND BICYCLE RIDING ONBOARD NAVPHIBASE LITTLE CREEK. (REF/C/RMG/COMNAVREGMIDLANT/131314ZJAN2005//)

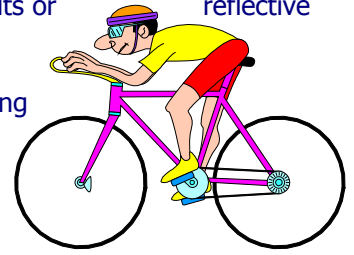


Joggers, fitness walkers and bicyclists are required to wear high visibility belts or reflective vests on all Navy Region, Mid-Atlantic Installations during times of darkness or reduced visibility. For the purpose of this message darkness is defined as the period of time from sunset to sunrise.

Two-inch hi-visibility reflective belts are available for purchase at Navy Exchanges and local retailers throughout the region. Additionally, reflective belts are available for checkout at all

MWR Fitness Facilities. Fleet units and tenant commands who routinely engage in physical training (PT) during early morning hours or other times of reduced visibility are encouraged to purchase hi-visibility belts or reflective vests for community use.

Hi-visibility belts or reflective vests are not required for organized sports on established playing fields or on Sulinski Field track. While not required on excluded fields outlined above, belts or vest must be worn while on all other jogging surfaces, to include designated jogging trails, because of proximity to roadways and transit to and from designated trails. Belts or vests must be worn outside of any garments and remain visible at all times during hours of darkness or reduced visibility.



Safety Advisor Funnies - Part I

Sniff...sniff...You probably don't want to know what that odor is...
...Always look in the oven before you turn it on...Plastic toys do not like ovens...
...The Fire Department in Palatine, IL has a 5 minute response time to oven fires!

ALL TERRAIN VEHICLE (ATV) OPERATIONS

All terrain vehicle (ATV) use is increasing. An estimated fifteen million Americans currently ride ATV's with many of these riders underestimating the inherent dangers of ATV operations. For example, many believe that since ATV's have four wheels, it is difficult if not impossible for the vehicle to roll over. Some believe that personnel protective gear is not required. Statistics show both of these beliefs are wrong.

Two sailors and one marine died in ATV crashes during the last 5 years. In DEC 2004 there were 2 ATV crashes resulting in the hospitalization of three service members and a marine sergeant was killed in an off-duty ATV crash. As in all high-risk activities, training is crucial. There currently is no civilian or military requirement to have license to ride an ATV. Every state has specific rules that govern the use of ATV's on and off public land. The Specialty Vehicle Institute of America (SVIA) has a complete list of regulations.

Off-road vehicles (ORV's) are vehicles designed specially for off-the-road use. They generally fall into one of three categories:



All terrain vehicle (ATV): Any motorized off-highway vehicle designed to travel on three or four low pressure tires, having a seat designed to be straddled by the operator and handlebars for steering control, and intended for use by a single operator and no passenger.

Motorcycles (Off-Highway): A motorcycle designed for off-highway use that cannot be licensed for on-highway use due to design or equipment reasons (marking/turn signals, tire design, brake lights, etc.)

Other specialty vehicles: Utility vehicles designed for rugged or off-road applications, (may have more than 4 wheels) e.g. gators, mules.

At present, riders of off-road motorcycles and all-terrain vehicles are not required to be licensed to ride off road.

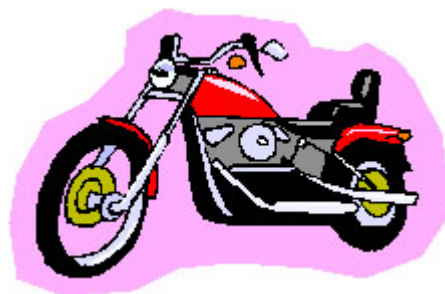
As we all work to address this growing area of concern, it is highly recommended that prior to riding a personal owned off-road motorcycle or ATV, the rider attend a Motorcycle Safety Foundation (MSF) Dirt Bike Course and/or an SVIA ATV Rider Course. The ATV Rider Course is offered free to Military and/or Civilian personnel. Visit www.nablc.navy.mil/safety for more information.

Scheduled Safety Training

The following Training Classes are scheduled:

- **Motorcycle Safety – Basic Rider Course (BRC)**

- 27-28 February 2006
- 27-28 March 2006
- 17-18 April 2006
- 8-9 May 2006
- 12-13 June 2006
- 17-18 July 2006
- 14-15 August 2006
- 11-12 September 2006
- 2-3 October 2006
- 13-14 November 2006
- 11-12 December 2006



- For Registration form & procedures, visit our website at <http://www.nablc.navy.mil/Safety/Motorcycle/motorcycletrainingcourse.htm>
- The Basic Rider Course (BRC) is held from 0700 to 1600 in the lot between the Base Chapel and the NEX Furniture Store.

- **AAA Driver Improvement Program (DIP):**

- 22 February 2006 (Class will be held at the NAB Little Creek Navy College, Bldg 3016, Rm 228)
- 29 March 2006
- 26 April 2006
- 31 May 2006
- 28 June 2006
- 26 July 2006
- 30 August 2006
- 27 September 2006
- 25 October 2006
- 29 November 2006
- 13 December 2006 (schedule change to work around holiday stand-down/leave periods)



- Classes are generally conducted at 0700 on the last Wednesday of each month or as requested. Classes are conducted in Bldg 1602, Room 112E, changes to class dates or locations will be posted by the date scheduled.
 - To register call 462-2199 or 462-2197 or visit our web site at: <http://www.nablc.navy.mil/Safety/Traffic/dip.htm>
 - Per OPNAVINST 5100.12G Navy Traffic Safety Program Instruction requires DIP classes for:
 - All Navy military and DON civilian personnel operating government motor vehicles (GMV). Personnel are required to take the DIP Class if they are required to operate a GMV by job description, PD, a requirement of the specific job, etc. It does not include personnel who operate GMVs such as the CO/XO, person using a GMV to go on travel, etc.
 - All Navy military and DON civilian personnel involved in a crash while driving a GMV (whether on or off government property)
 - All Navy military personnel who have been convicted of serious moving traffic violations (e.g. reckless driving, driving while impaired, speeding, following too closely, failure to yield, etc). While driving a private motor vehicle (PMV) or GMV (whether on or off government property)
 - All DON civilian personnel in a duty status who have been convicted of serious moving traffic violations (e.g. reckless driving, driving while impaired, speeding, following too closely, failure to yield, etc). while driving a PMV or GMV (whether on or off government property)
 - (Note- Serious violations are similar to those considered "6-point violations" by the Virginia Department of Motor Vehicles).
 - Offenders, military or civilian, shall successfully complete the American Automobile Association's Driver Improvement Program (AAA DIP) conducted by a COMNAVSAFECEN-approved instructor or other COMNAVSAFECEN approved training or lose installation driving privileges

- **Explosives Driver Training**

- 1 – 2 March 2006 - Bldg 1602 – Classroom / RM112E

- For registration and more information contact Mr. Leo Weatherspoon at leo.weatherspoon@navy.mil



Deficiency Corner

If you have these problems... let's do something about it !!



Problem: Cracked Electrical Outlet
Violation: 29 CFR 1910.305 (j) (1) (i)
Solution: Replace the outlet cover



Problem: Electrical outlet pulled loose from wall
Violation: 29 CFR 1910.303 (b) (1) (ii)
Solution: Contact NAVFAC for a work order to replace the outlet.



Problem: Broken shingles or adhesives containing asbestos
Violation: 29 CFR 1910.1001 (f)
Solution: Contact Safety Office Asbestos Program Manager further instructions



Problem: Broken shingles/tiles containing asbestos
Violation: 29 CFR 1910.1001 (f)
Solution: Contact Safety Office Asbestos Program Manager further instructions



Problem: Broken door closer mechanism (fire-exit door)
Violation: 29 CFR 1910.37 (K) (I)
Solution: Contact NAVFAC for a work order to replace the closer.



Problem: Blocked Fire Extinguisher
Violation: 29 CFR 1910.157
Solution: Keep a clear pathway to the extinguisher.



Safety Advisor Funnies - Part II

*Almost True Facts... The spin cycle on the washing machine does not make earthworms dizzy...it will however make cats dizzy...
 ...Cats throw up twice their body weight when dizzy...*

HANG UP & DRIVE!

New restrictions on the use of cell phones have been implemented at NABLC:

- The use of non-hands free cell phones while operating any motor vehicle (private or government) on board DOD Installations is prohibited.
- The wearing of any other portable headphones, earphones, or other listening devices (if they cover more than one ear) while operating a motor vehicle on DOD Installations is prohibited.
- Base Security will enforce these policies on all Navy Installations in the Mid-Atlantic area.
 - Note: Similar restrictions now apply DOD Wide

Ref: Administrative Message R 051834Z JAN 06

Thanks to everyone who contributed to this month's Safety Advisor

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www.nablc.navy.mil/safety

FEBRUARY

ELECTRICAL SAFETY

Navy, Marine Corps, and contractor personnel working with electrical equipment and machinery must be protected from the risk of hazardous electric shocks. Electrical generators and power equipment may be more hazardous in deployed conditions. The Navy and Marine Corps Energy Control Programs (Lockout/Tagout) require de-energizing, placing lockout equipment on, and tagging electrical equipment out of service prior to and during maintenance. All electric lines and equipment are treated as energized unless de-energized and grounded. When working on or near energized lines and equipment, long-sleeved apparel containing no acetate, nylon, polyester, or rayon is worn. Flame-resistant or fire-resistant clothing is required when within flash protection boundaries. Some electrical tasks are too dangerous to attempt while working alone and must be accomplished by two or more workers.

RESOURCES

NAVMC Dir. 5100.1, Marine Corps OSH Program Manual
www.usmc.mil/directiv.nsf/web+orders

OPNAV P-45-117-6-98, Navy Handbook, Electrical Safety Field Guide
www.safetycenter.navy.mil/instructions/osh/OPNAV-P-45-117-6-98.pdf

OPNAVINST 5100.19 Series, NAVOSH Program Manual for Forces Afloat
<http://neds.daps.dla.mil/Directives/table20.html>

OSHA Standards
www.osha.gov/pls/oshaweb/owasrch.search_form?p_doc_type=STANDARDS&p_toc_level=0&p_keyvalue=



U.S. Navy photo by Photographer's Mate Airman Apprentice Ricardo J. Reyes

Sailors conduct final electronic check prior to launching E-2C Hawkeye from flight deck of USS Harry S. Truman while deployed in support of Global War on Terrorism.

SUCCESS STORIES

Lockout/Tagout
www.safetycenter.navy.mil/success/stories/0080.pdf

Shipboard Electrical Safety Program
www.safetycenter.navy.mil/success/stories/0105.pdf

Best Practices

www.safetycenter.navy.mil/success/stories/0111.pdf

SAFETY DATES

American Heart Month
www.nsc.org/issues/heartmonth.htm
and
www.americanheart.org/presenter.jhtml?identifier=1200000

Workplace Eye Safety Month
www.aao.org

12-18 National Child Passenger Safety Week
www.nhtsa.gov